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bio • lindy amos

Lindy is an executive coach, workshop facilitator, and consultant. For more than fifteen years she has collaborated with senior-level individuals and teams in the US and Europe, developing their communications and leadership abilities. Lindy has experience in a broad range of sectors including financial services, management consulting, and publishing, with clients from industry leaders such as ADP, Bertelsmann, The Boston Consulting Group, The Carlyle Group, Dun & Bradstreet, HSBC, International Institute for Management Development (IMD), Johnson & Johnson, Merrill Lynch, ThyssenKrupp, and UBS. Lindy has also worked in the non-profit sector with The Rockefeller Foundation and The Business Council for the United Nations, as well as for grass-roots organizations like Art Start.

Her methodology is informed by her deep knowledge of the theatre: from the performance principles that allow a leader to connect emotionally and influence an audience of any size, and tenants of improvisation that strengthen an executive's ability to respond to the unexpected, to the practice of being present, which is fundamental to leading with clarity and purpose. Lindy draws upon the innumerable, important parallels to performing on stage and in business. Through customized, experiential exercises and discussions influenced by the Socratic method, clients are able to hone innate talents and develop new competencies.

In multiple engagements, Lindy has taken on a strategic communications role, contributing to the development of an organizational narrative, providing messaging for senior executives, and supporting internal communications initiatives. As a communications advisor to the CEO of Penguin Random House, she supported pre-merger, day-one, and post-merger communications aimed at uniting 10,000+ employees and 250 imprints.

Lindy brings a dynamic blend of compassion, rigor, and humor to all her work. A graduate of Barnard College, Columbia University, she has been featured in *Fast Company* and in books such as "*Brazen Careerist*" by Penelope Trunk.

Lindy has a wide array of passions, from sword fighting to baking kale chips. Much of her non-work-related activities involve her two young children, with whom she shares nightly dance parties.

